

ABSTRACT

Provided are a method of microwave cooking of raw meat or raw marine products in which an unpleasant fishy odor is prevented from occurring during microwave cooking, a seasoning for microwave cooking, and a food for microwave cooking. A food containing at least an organic acid is used as a seasoning for microwave cooking. A food for microwave cooking is prepared by seasoning raw meat or a raw marine product so that the seasoning for microwave cooking is fixed on the surface of the raw meat or the raw marine product. The food for microwave cooking is microwave-heated.